

COMPARISON OF PRE AND POST-TEST KNOWLEDGE SCORE REGARDING BREAST SELF-EXAMINATION AMONG THE NURSES IN SELECTED HOSPITALS OF PATIALA

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ABSTRACT

Breast cancer prevention is still theoretical; the efforts have focused on early detection. Breast cancer is more easily treated and often curable if it is found early, self-breast exam and screening by mammography combined with clinical breast exam is most effective detection method. It is estimated that 50 % of more or all breast cancer clients could obtain a prolongation of survival by increasing public awareness. Setting and Design The study was conducted at Government hospital, Patiala, Punjab. The reason for selecting these schools was investigator's convenience and expected cooperation from authorities in getting permission for conducting the study. The population of the study was female nurses. Target population of the study consisted of nurses from Government hospital, Patiala, Punjab. Investigator selected a sample of 500 nurses by using convenient sampling technique from selected Government Hospital, Patiala, Punjab. Results Pretest mean knowledge score of nurses was 18.32 and posttest means knowledge score was 31.36. The difference between pre and post test mean knowledge score was statistically significant at $p < 0.01$ level.

Keywords: curable, mammography, prolongation, survival

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INTRODUCTION

breast cancer prevention is still theoretical; the efforts have focused on early detection. Breast cancer is more easily treated and often curable if it is found early, self-breast exam and screening by mammography combined with clinical breast exam is most effective detection method. It is estimated that 50 % of mere or all breast cancer clients could obtain a prolongation of survival by increasing public awareness. **Shah Tara 2002**. Current reports indicate that cancer of the breast is the commonest malignancy in females affecting more than one million females annually, with an increasing incidence as the women presumably adopt a western life style. **Gwarzo UMD et al 2009**. Although opinions conflict regarding the value of breast self-examination, the American Cancer Society continues to support the inclusion of breast self-examination as an early detection behavior. Research suggests that women who receive personal instruction on breast self-examination from health care professionals are more likely to practice routine breast self-examination than those who become aware of the method from other sources, demonstrate greater knowledge and confidence and unfortunately, despite of the benefits of regular breast self-examination, only few women examine themselves. **Alsaif AA 2009**. Breast Self-Examination should be performed monthly in order to discover changes in breast tissue, discharge from the nipple, or the onset of pain in the breast area. Breast self-examination is an effective self-diagnostic procedure, but it must not take the place of having a mammogram and having a health care provider checks the breasts for abnormal changes. **Mc Farlane P and Sally C 2002**. **Cavdar Y et al 2007** carried out a cross-sectional study to determine female physician and nurse's practice and attitude toward breast self-examination. 201 female nurses and 149 female physicians were taken as the sample. Findings of the study suggested that all of the female physicians and nurses knew how to conduct Breast self-examination but did not practice it.

REVIEW OF LITERATURE

Karayurt O et al 2009 conducted a study to determine the effects of peer and group education on knowledge and beliefs about breast cancer and performance of BSE. They concluded that mean knowledge scores increased after peer education and after group education both. Perceived benefits and confidence related to BSE increased and perceived barriers decreased after both interventions significantly.

A similar study was conducted by **Iwurhe NK et al 2011** to assess the knowledge, attitude and practice of breast self-examination among female medical students in the University of Lagos. The results depicted that there was a high level of awareness of breast cancer and breast self-examination among the respondents, their attitude towards breast cancer and breast self-examination was fair though the practice was poor. Thus, it was concluded that there was need for further study to address the knowledge gaps on breast cancer and breast self-examination so that positive attitudes can be developed by the young adults towards breast self-examination, to assist in early breast cancer detection as well as reducing late breast cancer presentation. **Liu CY et al 2010** did a nursing clinical trial of breast self-examination education on 1510 sample of women. The results of the study indicated that 9% of the intervention and 6% of the control groups did breast self-examination at least every month. After 12 months, 34% of the intervention, but only 11% of the control, group did breast self-examination that often ($p < 0.001$). The conclusion of the clinical trial showed a statistically significant increase in breast self-examination after the nursing education intervention. They stated that no other breast cancer screening method was available in most of China; this method was best suited for the masses of people currently at risk in China.

Alkhasawneh IM et al 2009 did a cross sectional study on Jordanian nurses for assessing knowledge and practice of breast self-examination by taking sample of 347 registered nurses. Results revealed that nurses reported high levels of knowledge of breast self-examination. A high proportion of nurses reported doing breast self-examination in the past 12 months (85%), but only 17.7% reported doing so on a monthly basis. None of the demographic characteristics was found to be associated with the practice of breast self-examination. The study concluded that more health education about monthly breast self-examination and prevention strategies is needed for nurses and their women patients, especially for Arabic women.

Maqsood B et al 2009 carried out a study on Breast cancer screening practices and awareness in women admitted to a tertiary care hospital of Lahore, Pakistan. 200 female inpatients were selected. Most patients did not practice breast cancer screening because they had either never heard of the screening tests, or did not feel the need to perform them. The results of the study revealed lack of awareness regarding breast cancer and its screening practices. Most women did not practice breast cancer screening. Thus, it was concluded that increased awareness should be made through health educators and doctors' for encouragement of Breast Self-Examination, Clinical Breast Examination and Mammography practice.

TITLE OF THE STUDY

Comparison of pre and post test knowledge score regarding Breast Self-Examination among the nurses in selected hospitals of Patiala.

OBJECTIVES

1. To compare pre and post test knowledge score regarding Breast Self-Examination the nurses in selected hospitals of Patiala.

METHODOLOGY

The research approach for this study was quasi-experimental. . This approach involves manipulation but lacks at least one of the other two properties of true experiment i.e. randomization or control. The present study lacks control. Attempt has been made to assess the effectiveness of structured teaching programme on Breast Self-Examination among the nurses. The independent variables included in the study were Age (in years), Education, Marital Status, No. of children, Previous knowledge of Breast Self-Exams, Already Practicing Breast Self-Exams and source of information and Structured Teaching Programme on breast self-examination. The dependent variable was knowledge score regarding Breast Self-Examination among the nurses. Investigator selected a sample of 500 nurses by using convenient sampling technique

RESULTS**Table .1 Frequency and percentage distribution of demographic data of nurses N= 500**

Demographic data	Frequency (n)	Percentage %
Age (in years)		
20-30	98	22.0
31-40	220	42.5
41-50	116	24.0
51& above	66	11.5
Education		
GNM	311	65.22
B.Sc.(N)	106	26.5
PBB.Sc.(N)	51	6.0
M.Sc.(N)	29	1.5
Ph.D.	3	.8
Marital Status		
Married	390	82.5
Unmarried	110	17.5
No. of children		
None	72	7.3
One	150	36.4
Two	204	46.7
Three or more	74	9.7
Already know breast self-exam		
Yes	342	60.5
No	158	39.5
Already practicing breast self-exam		
Yes	104	5.1
No	238	94.9
If yes source of information		
T.V	39	20.3
Newspaper	111	29.1
Health Personnel	82	22.2
Internet	110	28.5

Table 1 reveals that: According to age maximum 42.5% nurses belonged to age group 31-40 years followed by 24% , 41-50 years, 22%, were 22-30 years and minimum 11.5% were 51 or above 51.

According to education maximum 65.2% nurses were diploma holders, 32.5% graduates, 1.5% post graduates and negligible number 0.8% were Ph.D. educated.

As per marital status maximum 82.5% nurses were married and rest of 17.5% were unmarried According to No. of children out of 82.5% married nurses maximum 46.7% nurses had twochildren, followed 36.4% had one, 9.7% had three or more and 7.3% had no child.

According to previous knowledge of Breast self-exams maximum 60.5% nurses had previousknowledge of Breast self-exams and 139.5% had no previous knowledge of Breast self-exams.

Maximum 94.9% nurses were not practicing breast self-exams and only 5.1% were practicingbreast self-exams.

According to source of information maximum 29.1% nurses got information from newspaperfollowed by 28.5%, 22.2% and 20.3% from internet, health personnel and T.V respectively.

Table 2 Comparison of Pre Test and Post Test Mean Knowledge Score Regarding Breast Self-Examination among Nurses. N= 500

Knowledge Score					
	n	Mean	SD	df	't'
Pretest	500	18.32	5.830	499	44.059
Posttest	500	31.36	4.178		

Table 2 delineate that pretest mean knowledge score of nurses was 18.32 and posttest mean knowledge score was 31.36. The difference between pre and post test mean knowledge score was statistically significant at $p < 0.01$ level.

Hence, research hypothesis was accepted and thus, it was adjudged that structured teaching had definite impact in improving the knowledge among the nurses.

RESULTS

Pretest mean knowledge score of nurses was 18.32 and posttest mean knowledge score was 31.36. The difference between pre and post test mean knowledge score was statistically significant at $p < 0.01$ level.

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